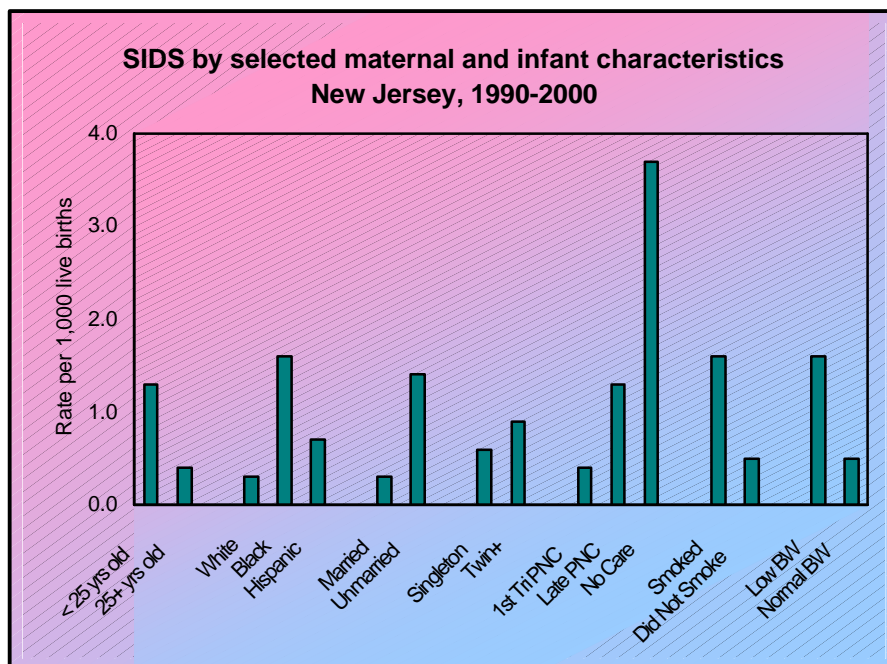


October is Sudden Infant Death Syndrome (SIDS) Awareness Month

- Sudden Infant Death Syndrome (SIDS), also known as crib death, is “the sudden death of an infant under one year of age that cannot be explained after a thorough case investigation, including a complete autopsy, examination of the death scene, and review of the clinical history.”
- On average, 50-55 infants die in New Jersey each year because of SIDS.
- 94% of SIDS deaths occur in the postneonatal period, between 28 days and one year of life. SIDS is the leading cause of postneonatal death.
- The SIDS rate has been on the decline since 1994 both nationally and in New Jersey. In 1994, the US and NJ rates were 107 and 61 deaths per 100,000 live births, respectively. In 2000, the rates had dropped to 62 and 54, respectively.
- In 1994, a national “Back to Sleep” educational campaign was begun to encourage placement of babies on their backs to sleep to reduce the risk of SIDS. Additionally, parents and other caregivers should place the baby on a firm mattress, such as in a U.S. Consumer Product Safety Commission-approved crib; remove soft, fluffy bedding and stuffed toys from the baby's sleep area; make sure the baby's head and face remain uncovered during sleep; and not let the baby get too warm during sleep.
- Nationally, between 1994 and 1998, the proportion of white infants placed on their backs to sleep increased from 27% to 53% and the percentage among black infants increased from 17% to 31%. Stomach placement decreased from 44% to 17% among white infants and 53% to 32% among black infants in the same time period.
- SIDS is more likely among babies of younger mothers, non-Hispanic black and Hispanic mothers, unmarried mothers, mothers who delivered twins or higher order births, mothers who received late or no prenatal care, mothers who smoked while pregnant, and among babies of low birth weight.
- To reduce the risk of SIDS, additional recommendations from the Back to Sleep Campaign include receiving early and medically recommended prenatal care; avoiding drugs, alcohol, and smoking during pregnancy; breastfeeding; maintaining regular well-baby health visits including recommended immunizations; and not allowing smoking around your baby.



For more data from the New Jersey Department of Health and Senior Services: www.state.nj.us/health/chs

For more information about SIDS from the New Jersey Department of Health and Senior Services, Division of Family Health Services: www.state.nj.us/health/fhs/sids.htm

For services, educational programs, research, and special projects at the SIDS Center of New Jersey: www2.umdnj.edu/sids

For more information about Sudden Infant Death Syndrome (SIDS) Awareness Month: www.sidsalliance.org

Sources:

U.S. Department of Health and Human Services, Centers for Disease Control and Prevention:

[Communication at CDC: Sudden Infant Death Syndrome](#)

[Reproductive Health Information Source: Infant Health](#)

New Jersey Department of Health and Senior Services, [Center for Health Statistics](#):

New Jersey 1990-2000 Linked Birth/Infant Death Certificate Data Files, unpublished data

Willinger, M, et. al., [Factors associated with caregivers' choice of infant sleep position, 1994-1998: The National Infant Sleep Position Study](#). JAMA 283: 2135-2142.

New Jersey Department of Health and Senior Services, Division of Family Health Services:

[Sudden Infant Death Syndrome \(SIDS\) fact sheet](#)



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